IMPORTANT POINT #3

DO YOU KNOW WHAT PAGE IN WRECK THIS JOURNAL SCARES PEOPLE THE MOST? MAYBE YOU ARE AFRAID OF IT TOO. IT'S THE "CRACK THE SPINE" PAGE. PEOPLE HAVE A REALLY HARD TIME ULTIMATELY DOING WHATEVER PAGE YOU FEAR THE MOST IS THE EXACT PAGE THAT YOU NEED TO IN ORDER TO PUSH PAST FEARS/PERFECTIONIST TENDENCIES. IT'S TRUE. THE PAGE THAT SCARES YOU.

MCLUST

IMPORTANT POINT #4

WHY COLOR? THE HONEST ANSWER IS THAT I AM AFRAID OF COLOR. THERE. I HAVE SAID IT. I THINK I HAVE BEEN AFRAID OF COLOR FOR A LONG TIME. ALL MY WORK IS ABOUT CONFRONTING THINGS THAT MAKE ME UNCOMFORTABLE, BECAUSE WE WERE TRAINED TO DO THE OPPOSITE, TO AVOID DISCOMFORT. BUT REALLY, THE PLACES WE AVOID ARE ALWAYS THE PLACES WE MOST NEED TO GO. SO HERE WE GO.

BORED

HOW DO YOU WORK WITH COLOR (PARTICULARLY IF YOU ARE AFRAID OF IT)? YOU JUST DIVE IN, MUCK ABOUT AND PLAY WITH IT.

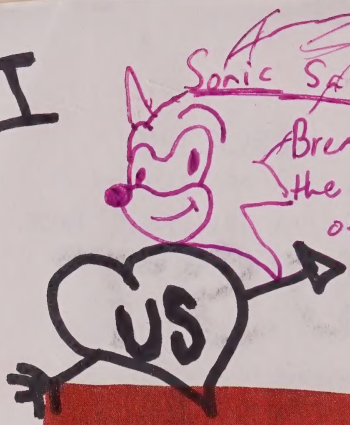
RELEASE ALL ATTACHMENT TO OUTCOME.

DO NOT TRY TO MAKE SOMETHING PRETTY. PRETTY IS A BIT BORING. USE CHANCE. CONNECT WITH THE PART OF YOU THAT IS AN ANGRY, IDIOSYNCRATIC MESS. LET THAT PART OF YOU LOOSE ON THIS BOOK. :)

YOU ARE HERE. YOU EXIST. MAKE/LEAVE A MARK. *&^% IT UP! ♡

READY? IT'S TIME.

I



INSTRUCTIONS

I met the LOVE of my life yesterday

Chappell Roan ▷ YAS!

1. Carry this with you everywhere you go.

2. Follow the instructions on every page.

3. Order is not important.

4. Instructions are open to interpretation.

5. Experiment.
(work against your better judgment.)

6. USE THE COLOR PAGES AT THE BACK OF THE BOOK TO COMPLETE SOME OF THE PROMPTS. CUT THEM UP.

Ya'll want sum fucks?

512-495-5819

Romances etc.

materials

ideas
gum
glue
dirt
saliva
water
weather
garbage
plant life
pencil / pen
needle & thread
stamps
stickers
sticky things
sticks
spoons
comb
twist tie
ink
paint
grass
detergent
grease
tears
crayons

smells
hands
string
ball
unpredictability
spontaneity
photos
newspaper
white things
office supplies
wax
found items
stapler
food
tea / coffee
emotions
fears
shoes
matches
biology
scissors
tape
time
happenstance
gumption
sharp things

ADD YOUR OWN PAGE NUMBERS.

there is beauty in chaos

BEAUTY

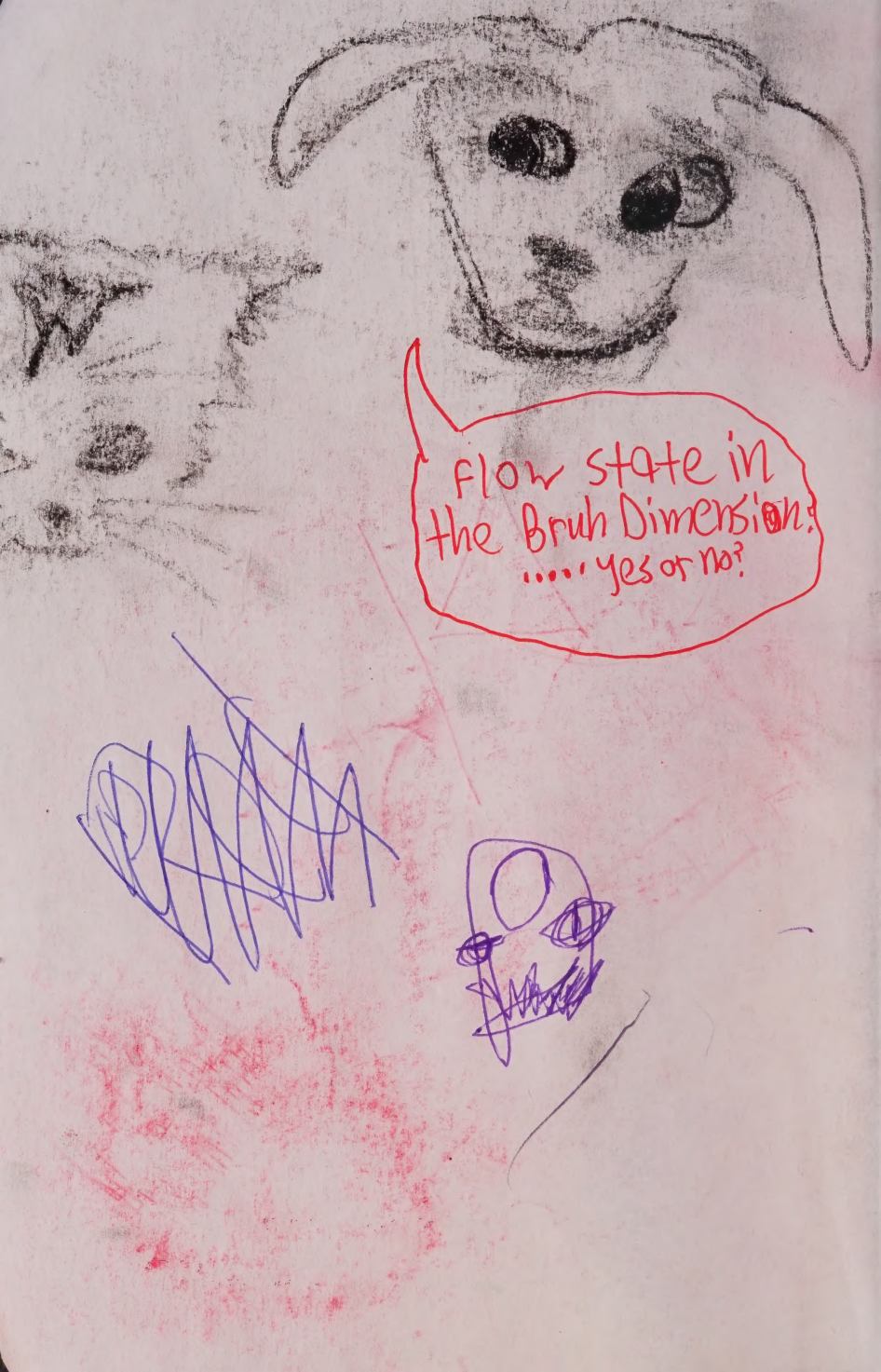
Be

poop

STARTING HERE

I'll crack
your spine

LUYA'S
SPINE.


flow state in the Bruh Dimension?
.... yes or no?

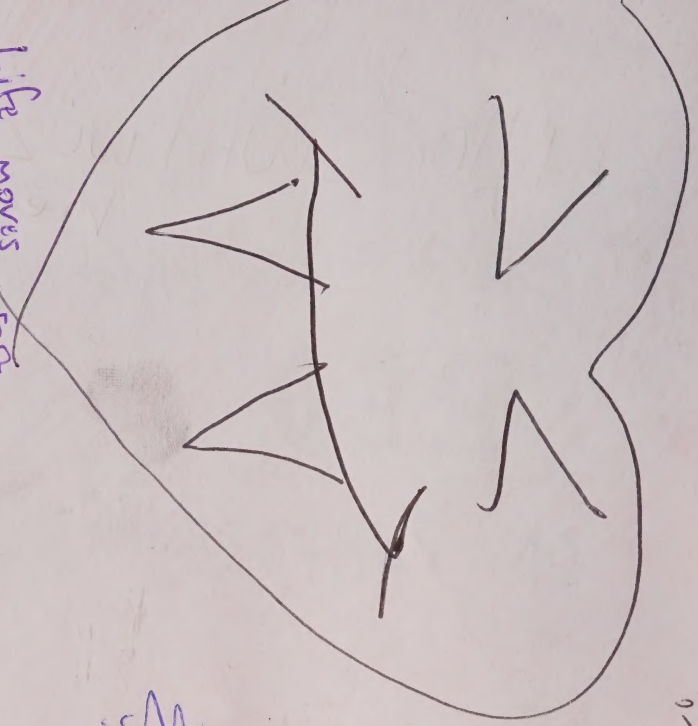
Taylor Swift wuz here

COLOR THIS PAGE

RED

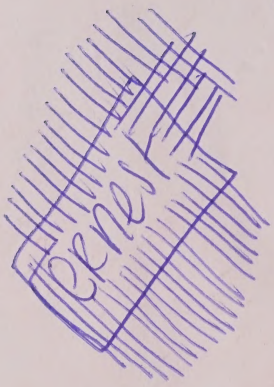
ON PURPOSE.

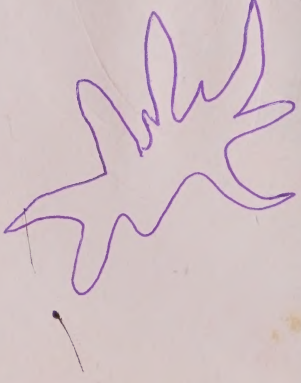
Life moves fast
but I move faster



Spanish
Rock from
the 80s

CALL ME IF
YOU'RE
HAWT
(954) 518-
9022
xxx
V

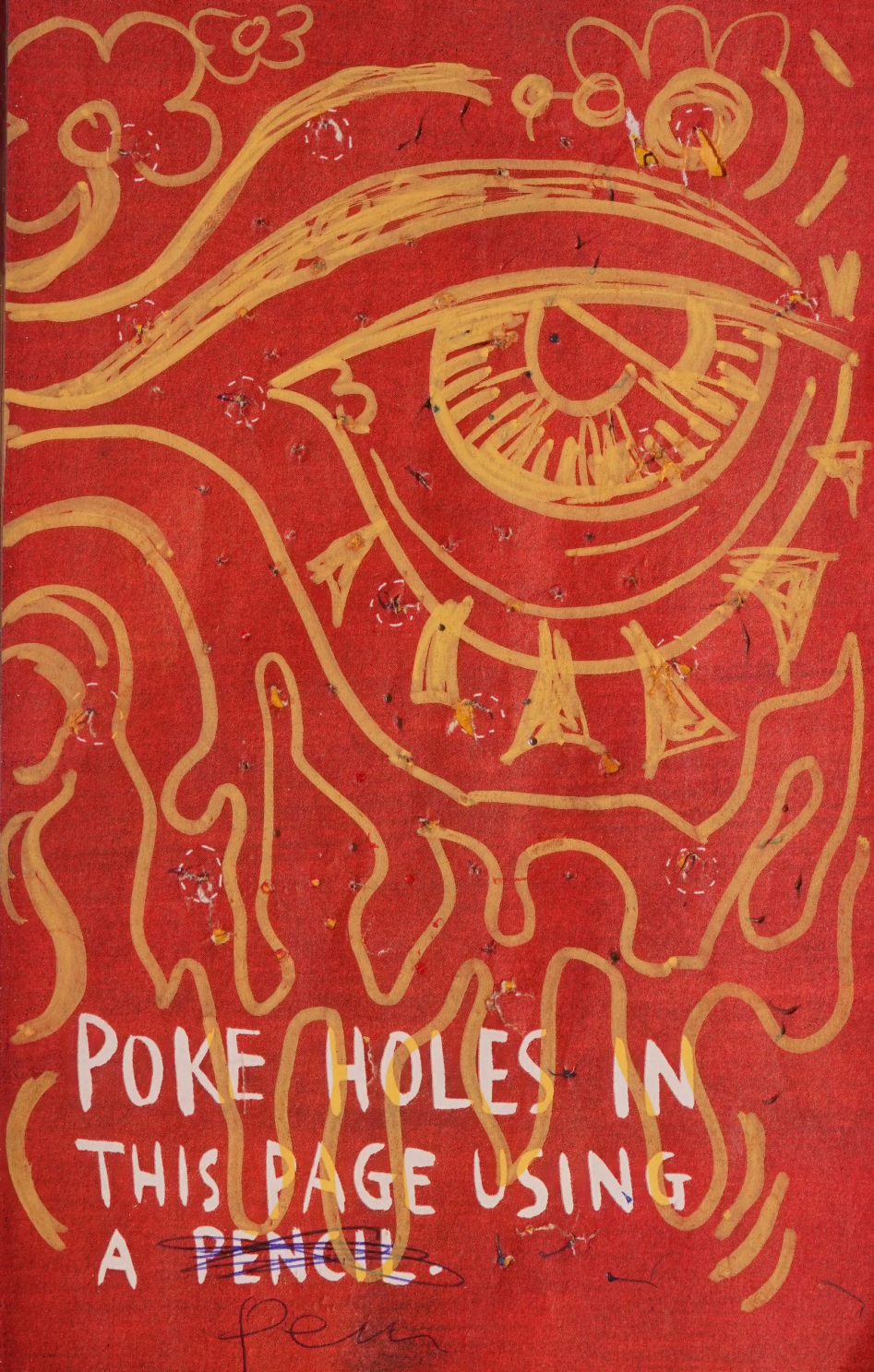




POUR, SPILL, drip,
SPIT, fling DIFFERENT
COLORED
DRINKS HERE.

DJ KITTY!!!

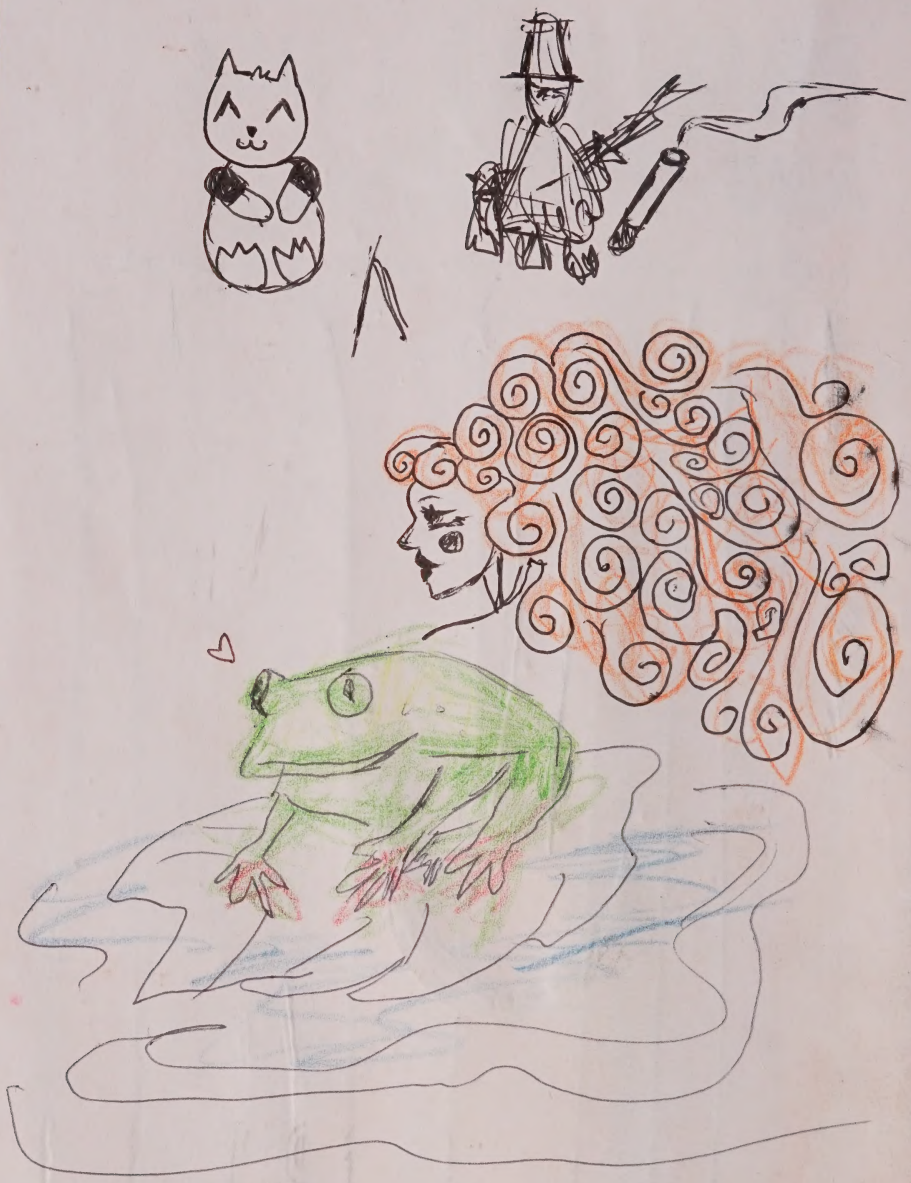
XOXO ; LUV U

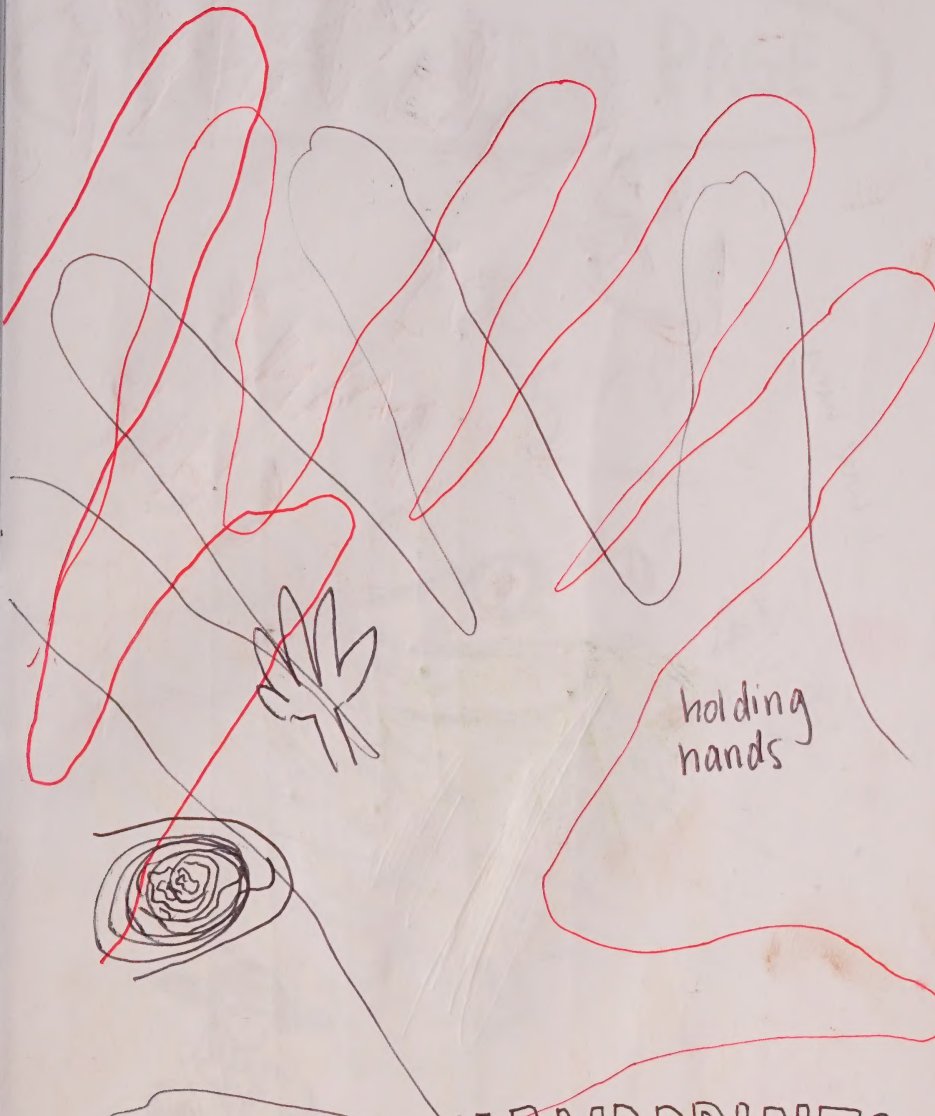

POKE HOLES IN
THIS PAGE USING
A ~~PENCIL~~.
pen

Algebra suicide -real

DRAW FAT LINES AND THIN.

PUSHING REALLY HARD WITH THE ~~PENCIL~~.





THIS PAGE IS FOR HANDPRINTS
OR FINGERPRINTS.
GET THEM DIRTY, THEN PRESS DOWN.

LEGGARRR

BY MINT CHIP

I saw him

TYSM

He luvs u too

COLOR THIS ENTIRE PAGE.

KOTH:
RELOADED

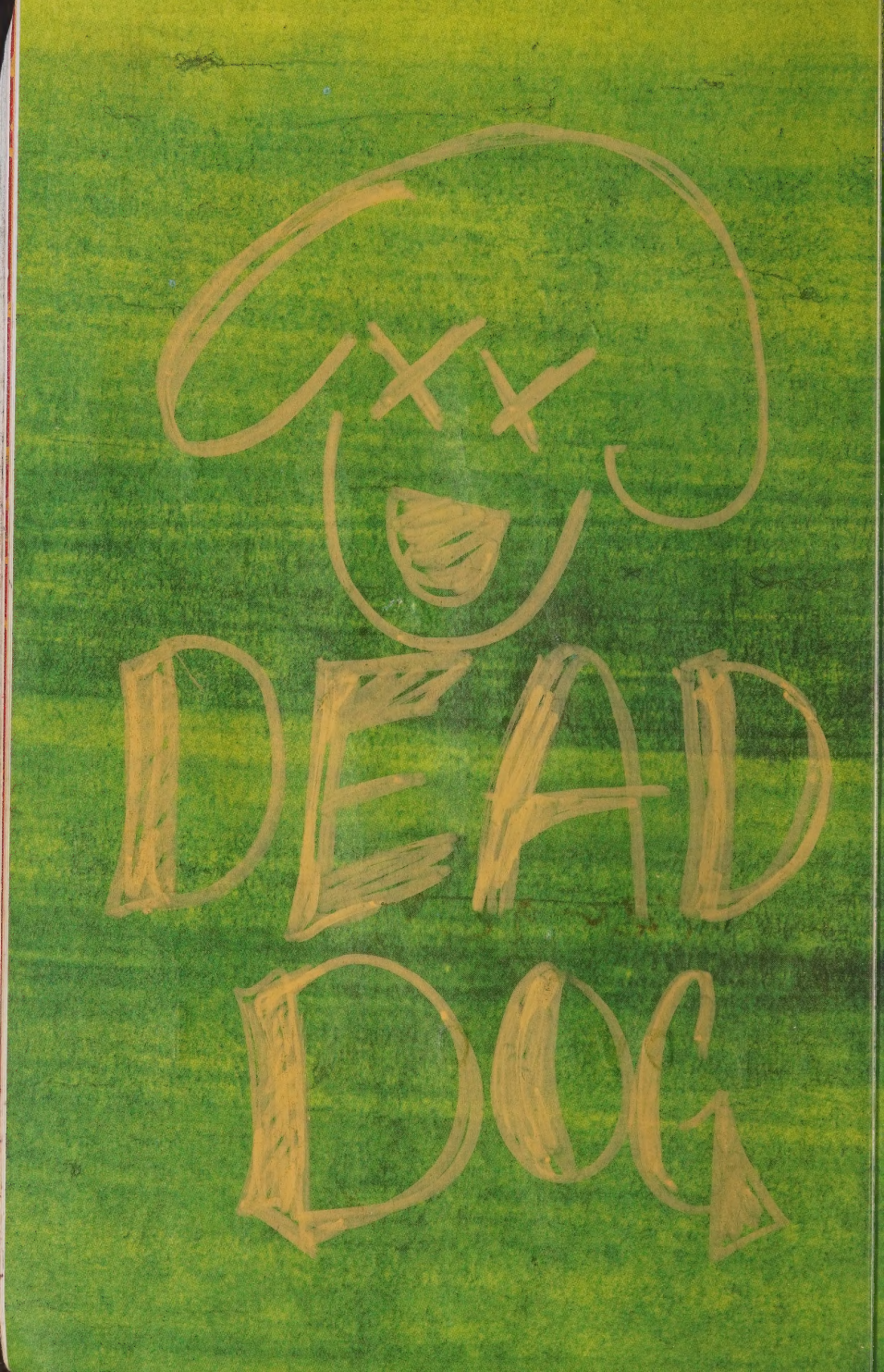
DJ GRINDS

THROW SOMETHING.

A PENCIL, A BALL DIPPED IN PAINT.

BALL

WOW

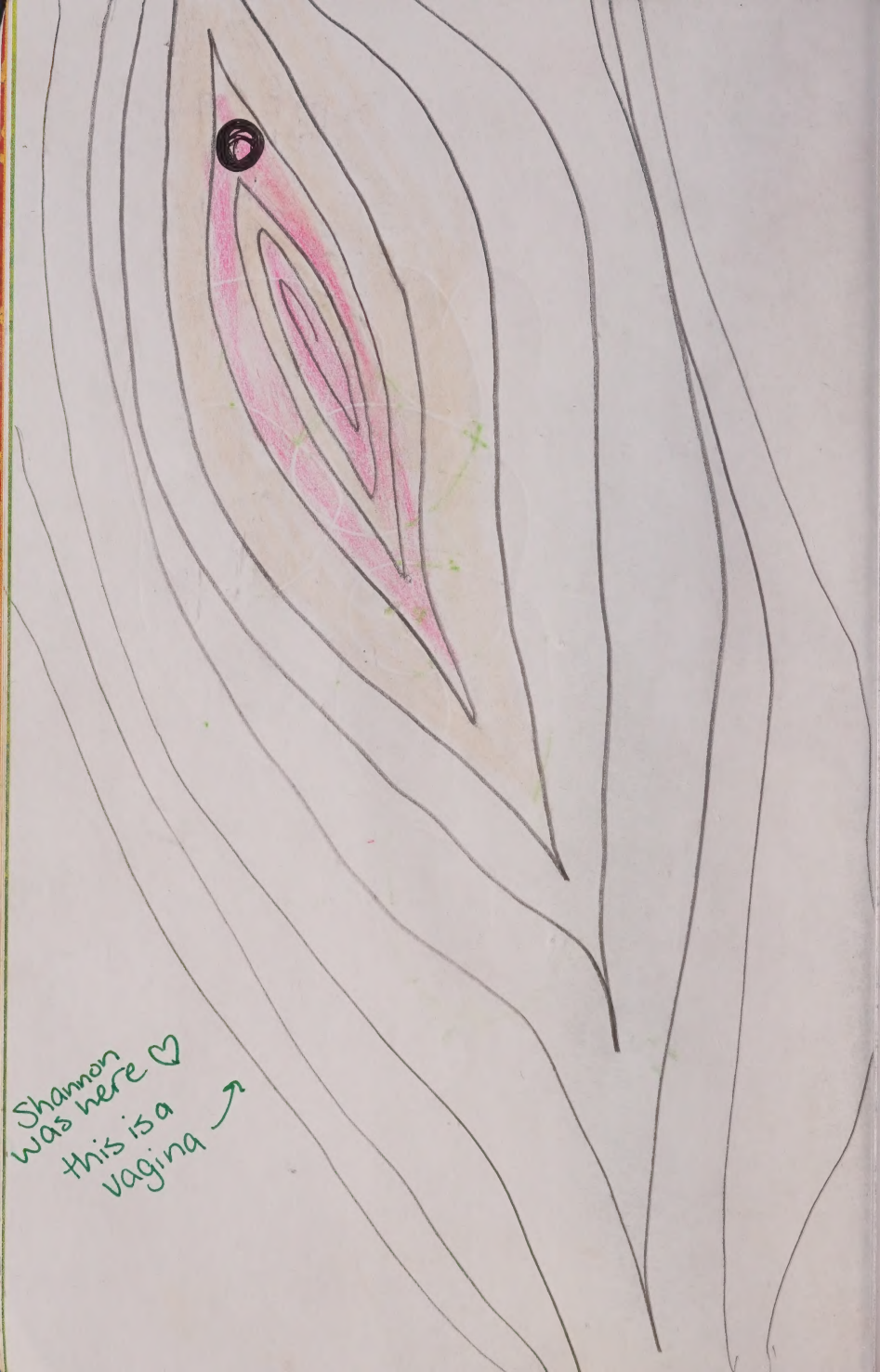

DEAD
DOG

PRESS LEAVES AND OTHER FOUND THINGS.

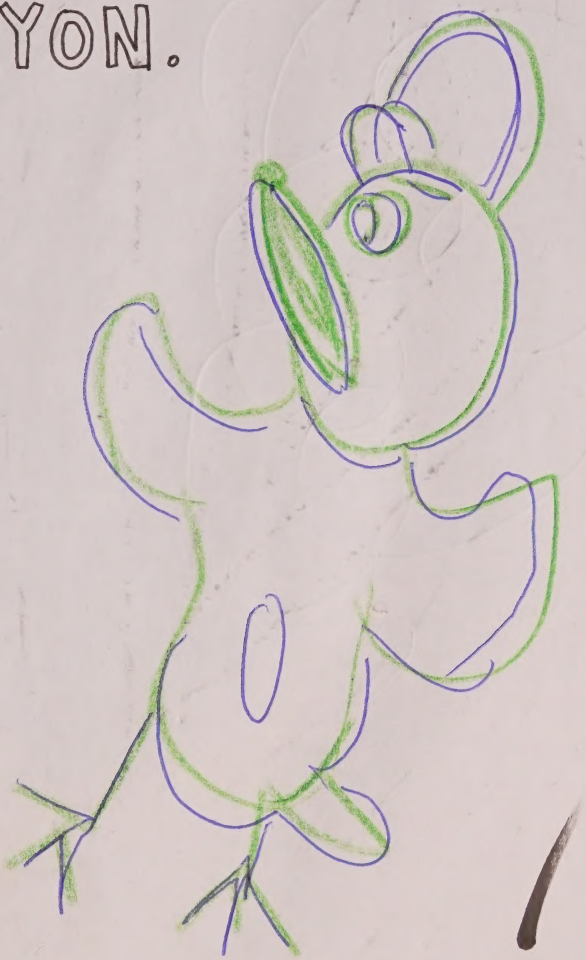
Born to fart

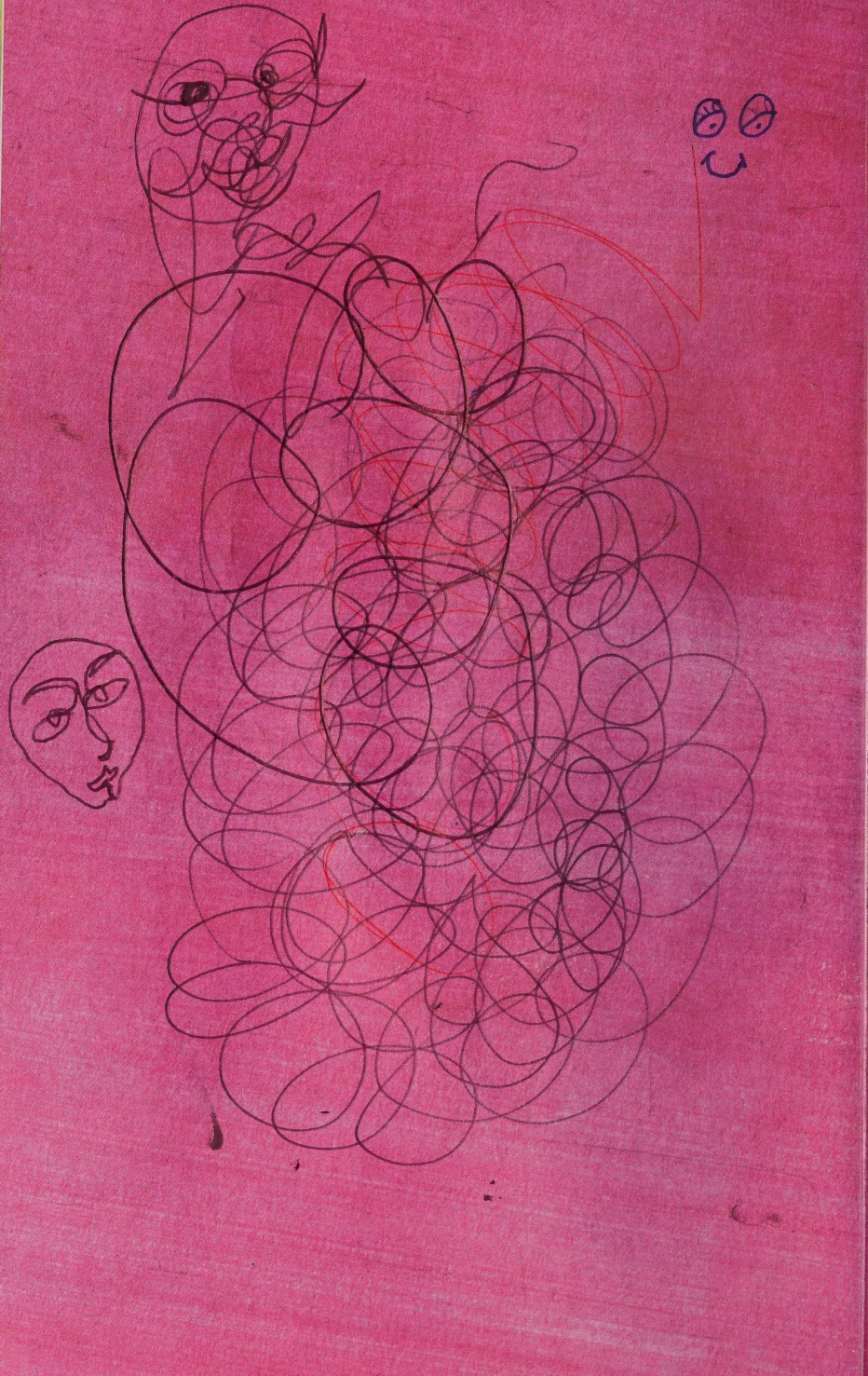
forced to hold it in

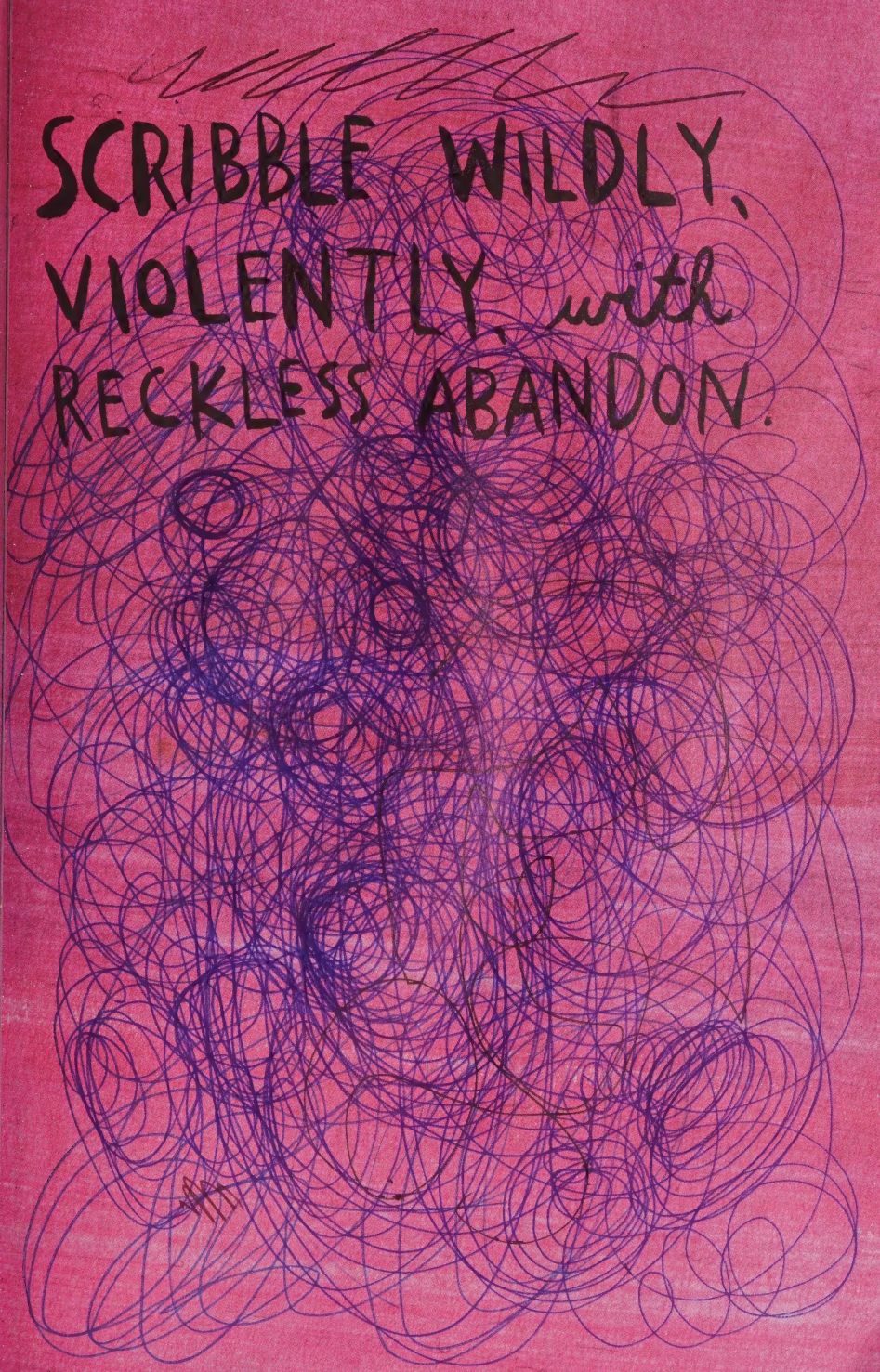
Obunga

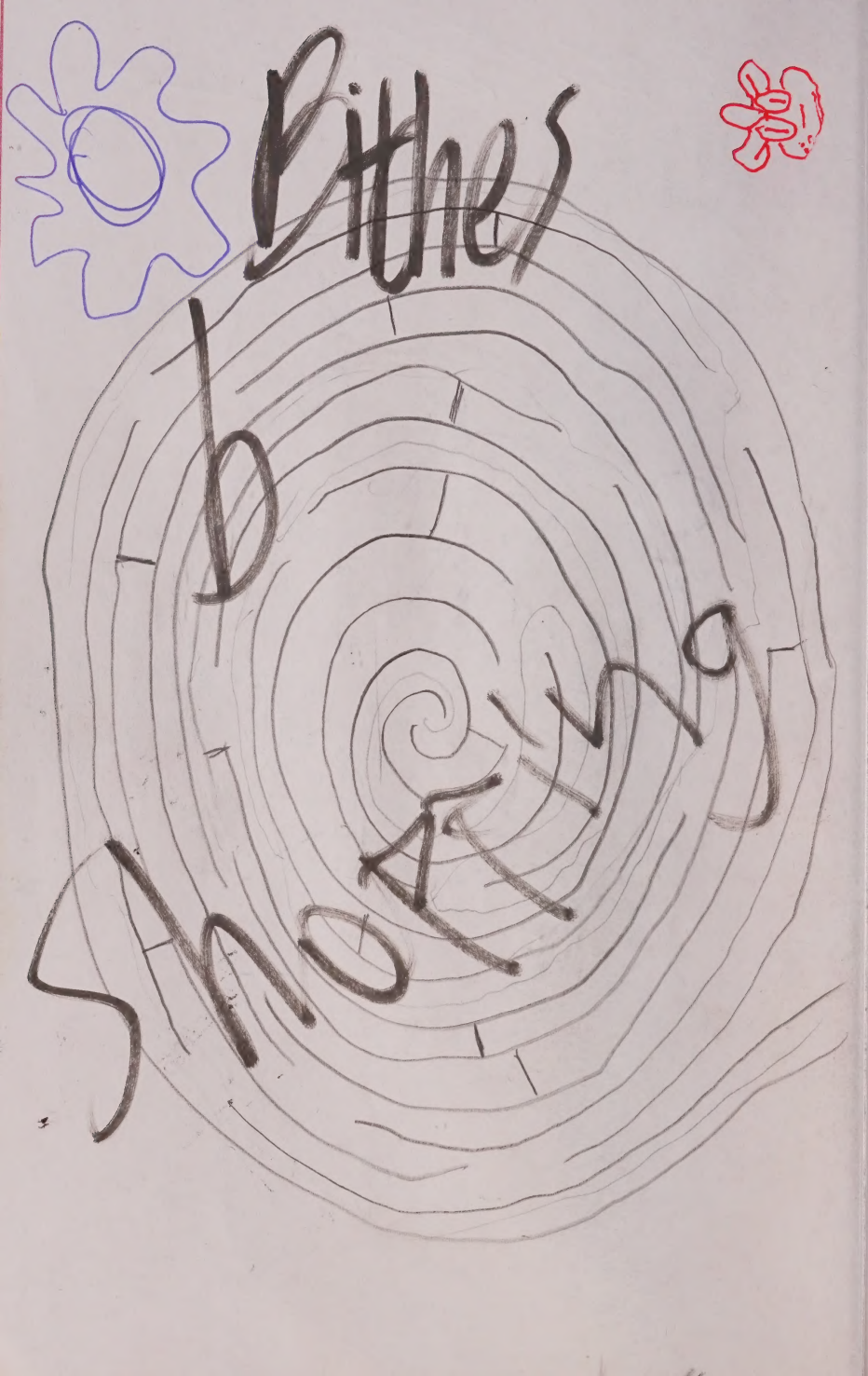

Shannon
was here ♡
this is a
vagina →

DO SOME RUBBINGS WITH A PENCIL CRAYON.



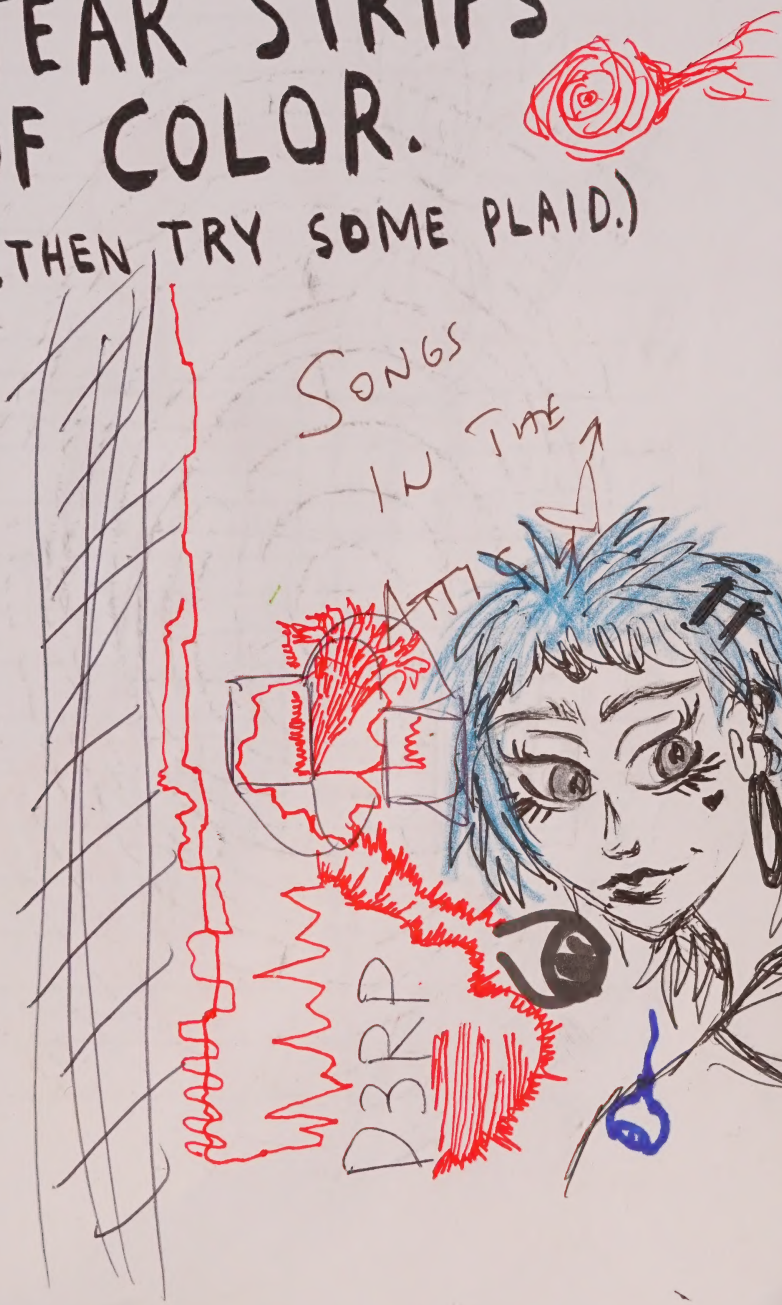


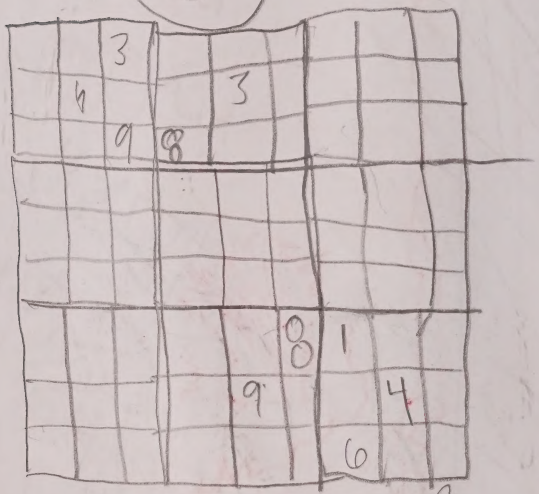

SCRIBBLE WILDLY,
VIOLENTLY, with
RECKLESS ABANDON.

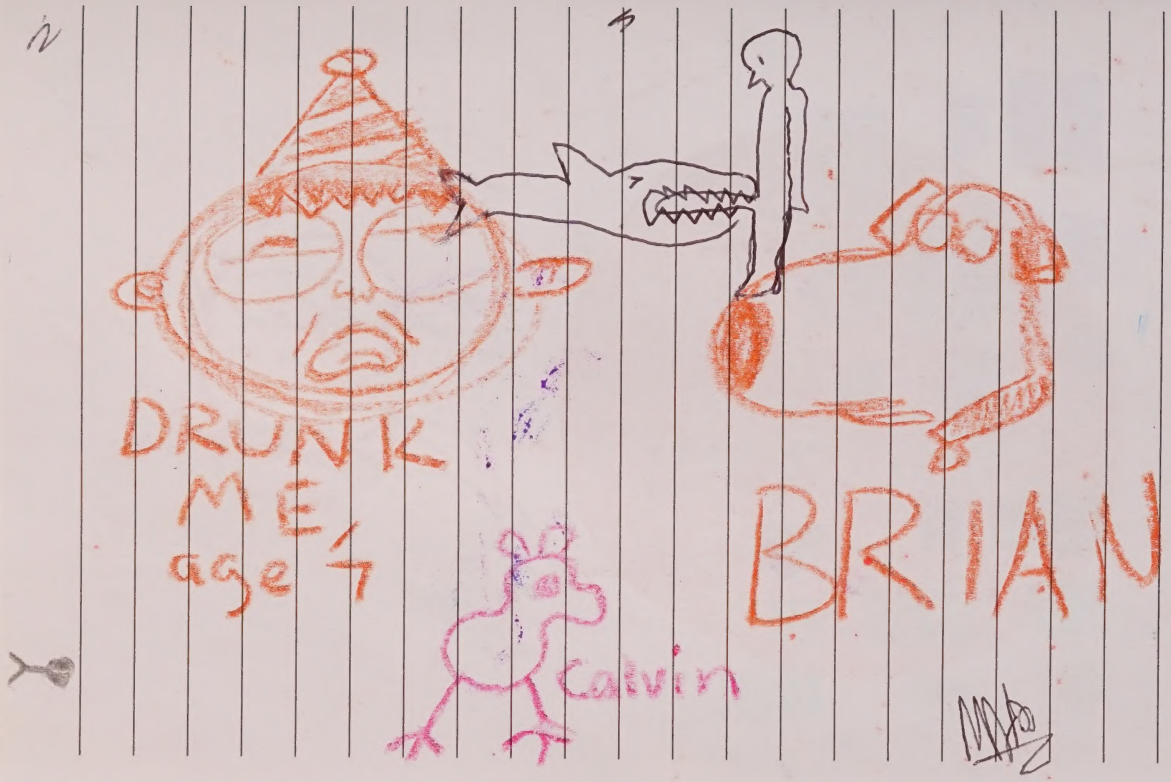

Bitches
b
sharing

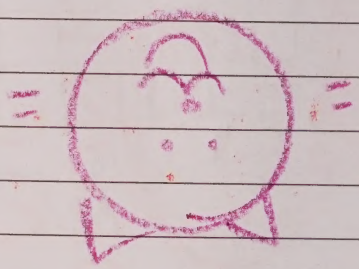
TEAR STRIPS OF COLOR.

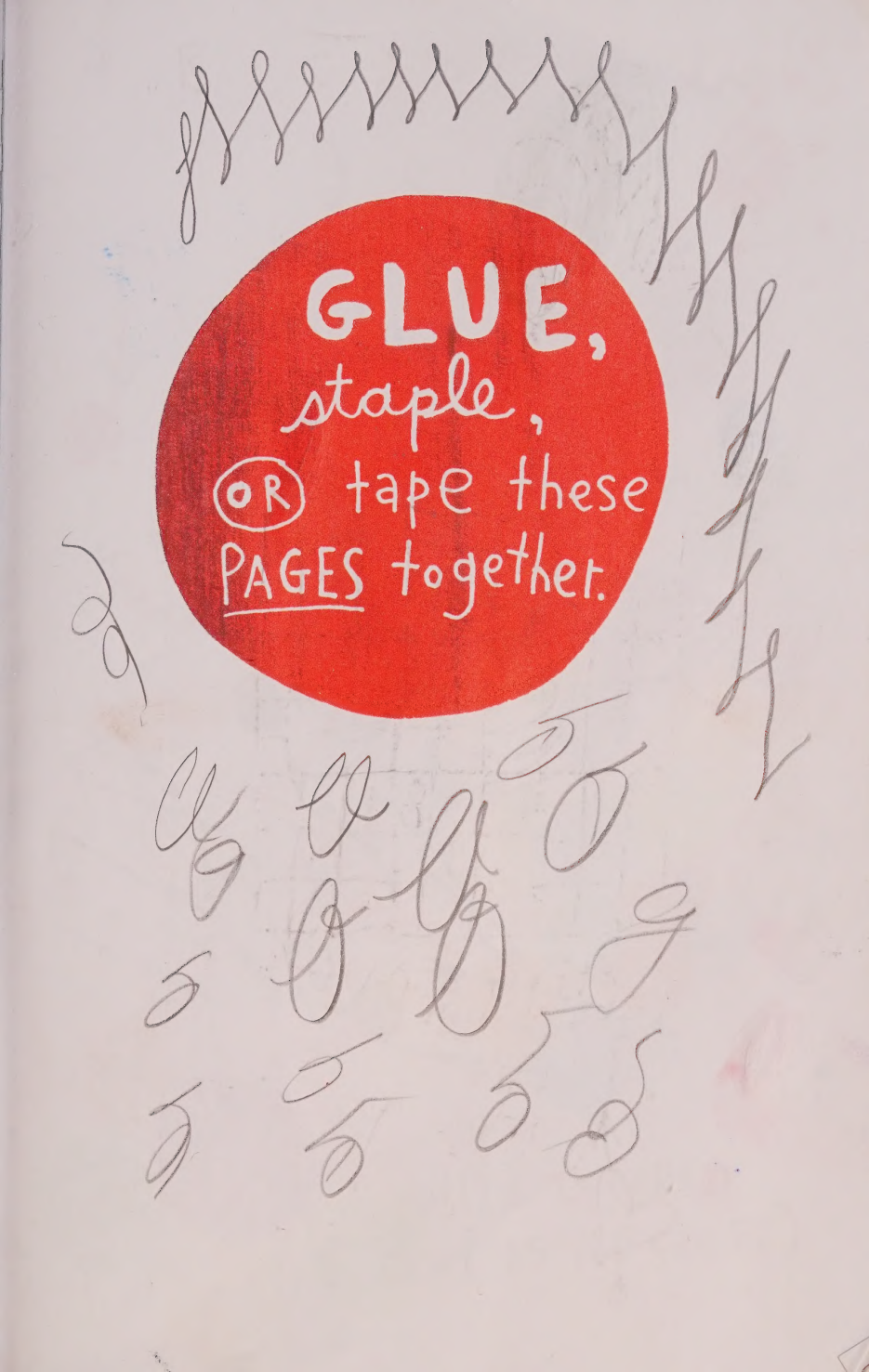
(THEN TRY SOME PLAID.)




3
4
3
9
8
8
1
9
4
6

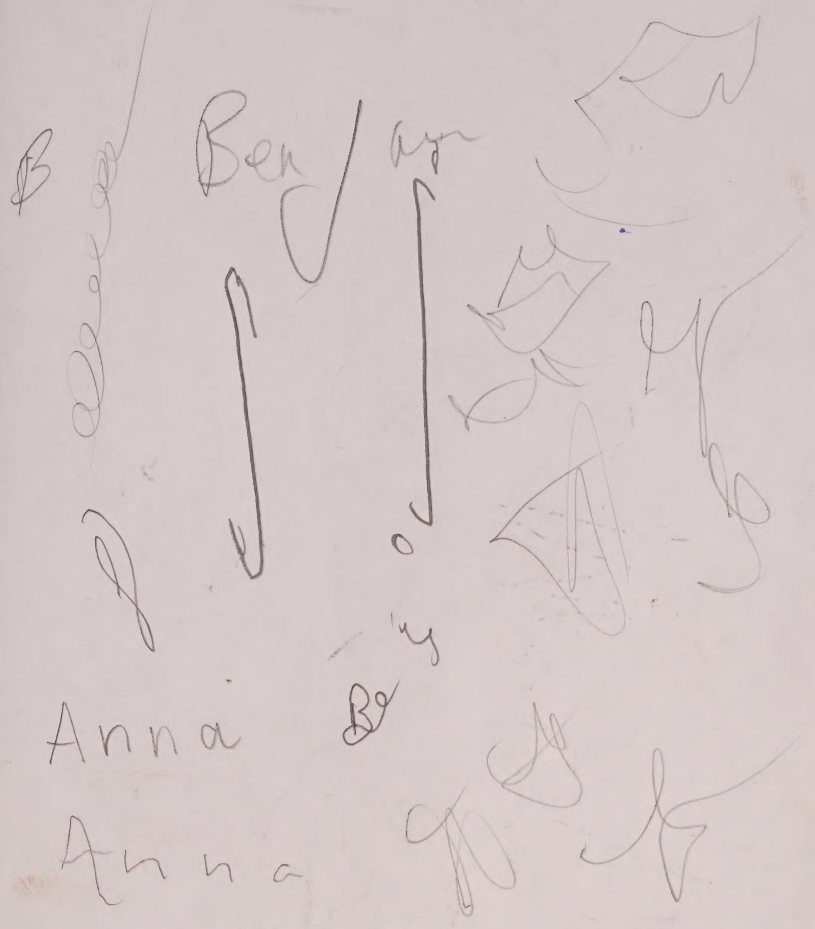

DRUNK
ME
age 4
BRIAN
calvin




GLUE,
staple,
OR tape these
PAGES together.

FILL THIS PAGE WITH COLORED CIRCLES. (AS MANY AS YOU CAN FIT.)

SECTION 8D



Document the colors of your dinner.

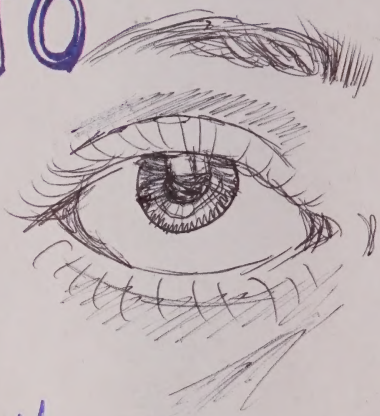
RUB, SMEAR, SPLATTER YOUR FOOD.

USE THIS PAGE AS A NAPKIN.

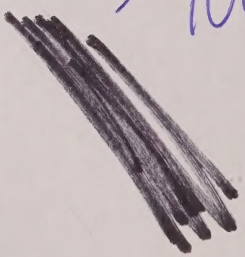
CHEW ON this.

*WARNING: DO NOT SWALLOW.

MIX SO MANY COLORS THEY TURN TO MUD.

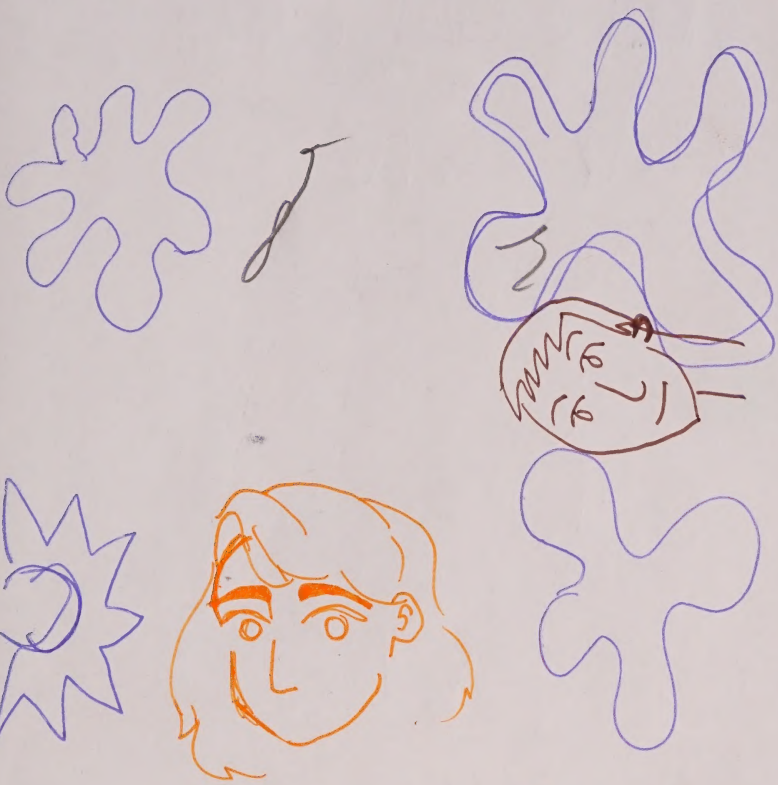


Turn Me Mud Too



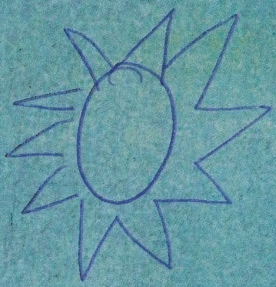
DJ Finger

SIMULATION IS YES



Frog + Fish 5EVER

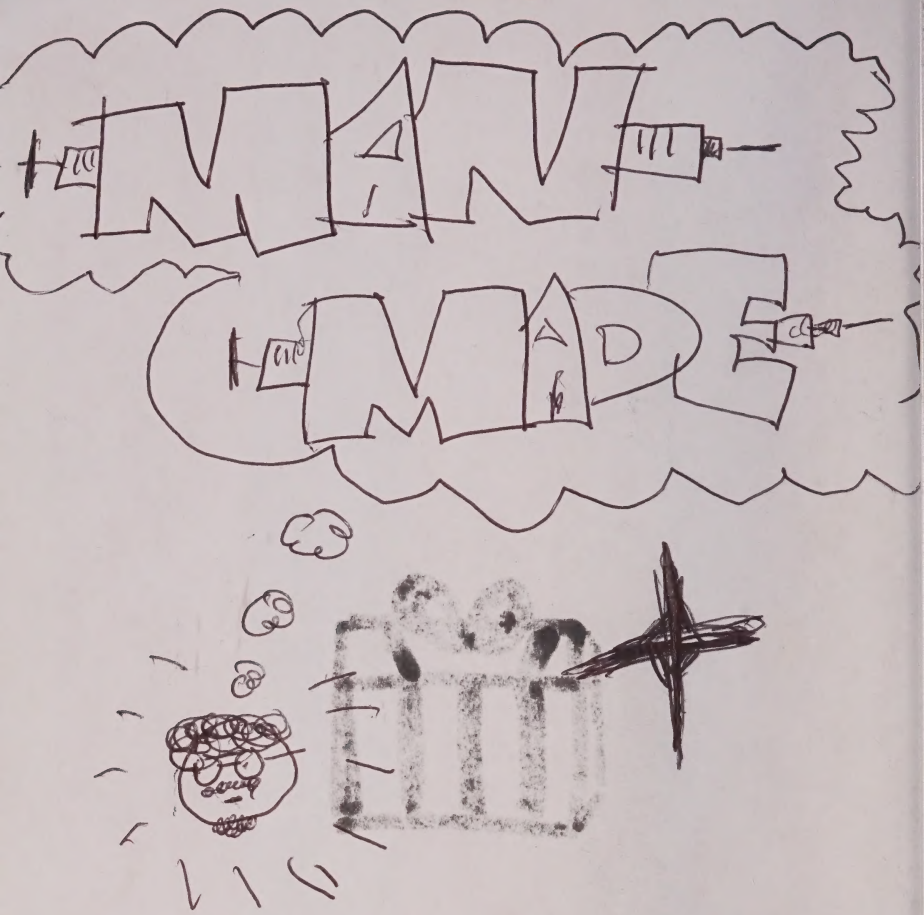
Who loves the sun



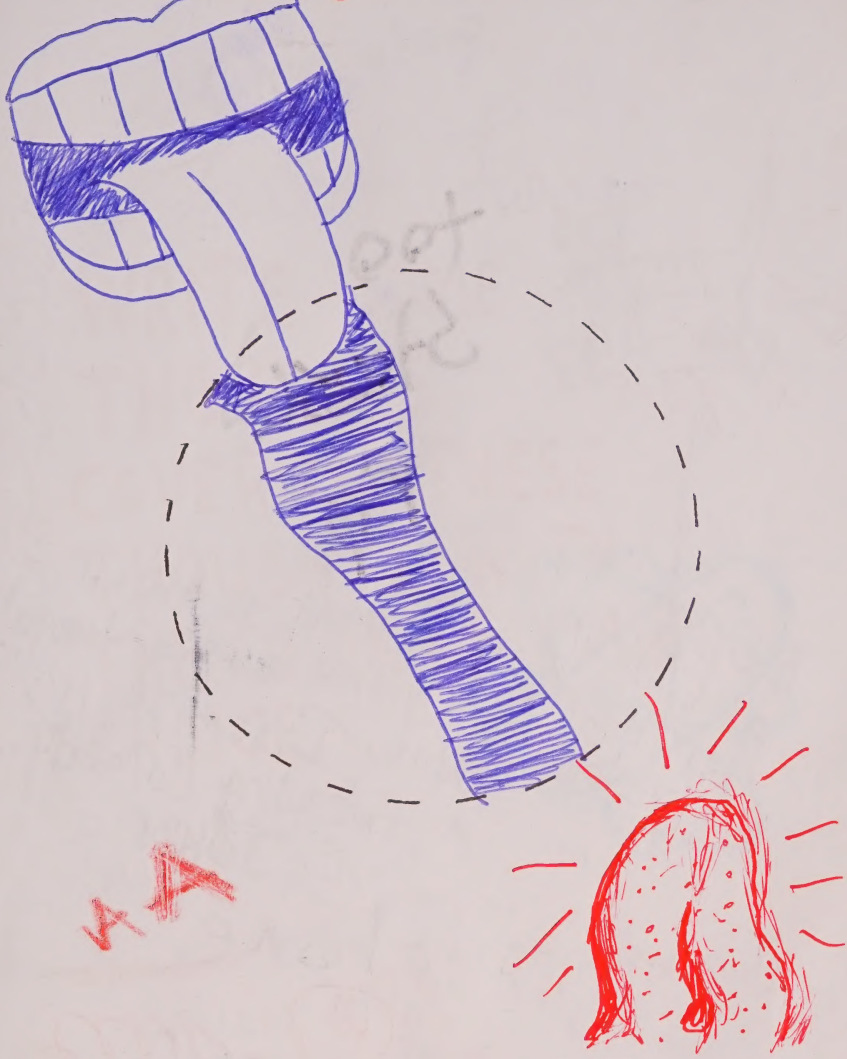
like this

WRAP something

WITH THIS PAGE.



NONE OF THE HITS ALL OF THE TIME



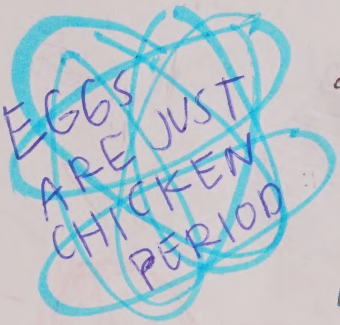
TONGUE PAINTING

1. EAT SOME COLORFUL CANDY.
2. LICK THIS PAGE. Please Don't

DJ Tizzi

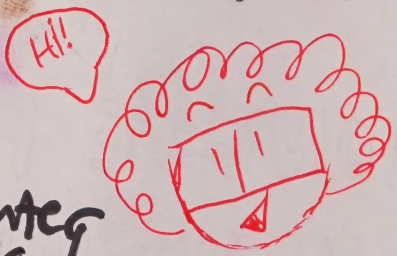
too stressed

rip



I used to think my life was a tragedy. Now I realize it's a fucking comedy.
- El Joker

I am so alone. . .



I like winter and Fall

Summer is the superior season

DJ TowerGnome

-618 hours a day?

Loser Loser

Loser Loser

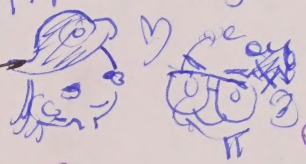
WRITE SOME THOUGHTS. COVER UP THESE THOUGHTS WITH THE COLOR OF YOUR CHOICE.

Loser

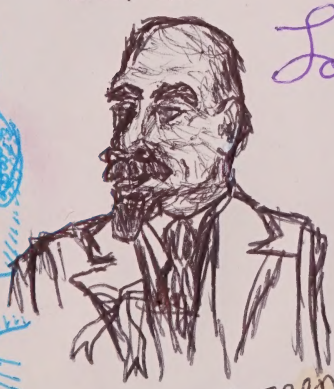
Loser

R.I.P to my Tio Neto

R.I.P



LENIN



Loser

HAPPY PRIDE!

Happy Pride

if humans all died out, octopi would rule the world

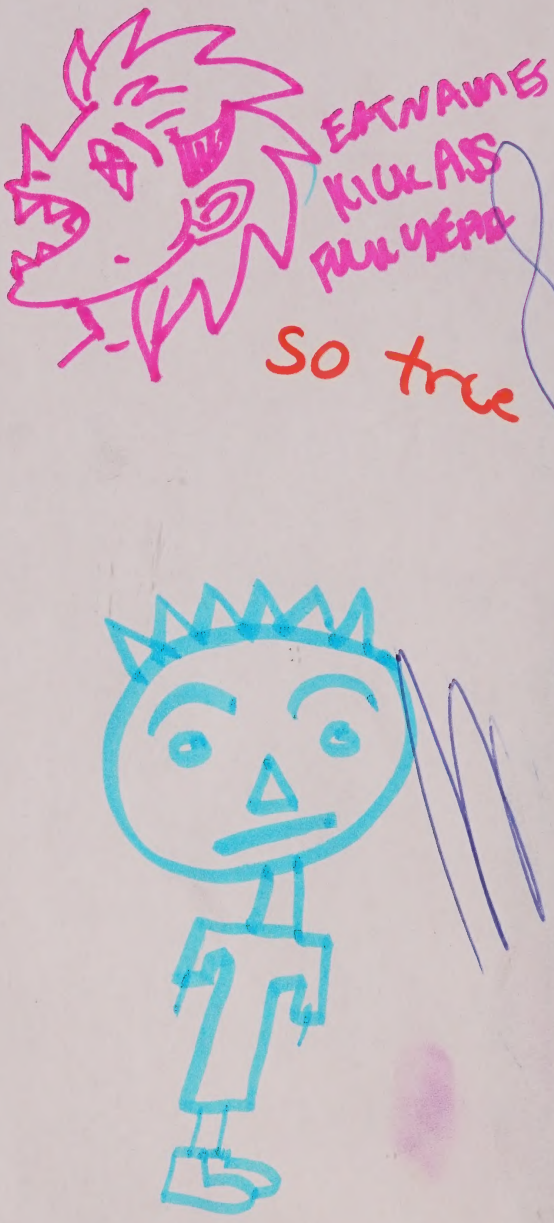
DJ Teenage Jew
10/9/23

A STRING TO THE spine OF THIS BOOK.

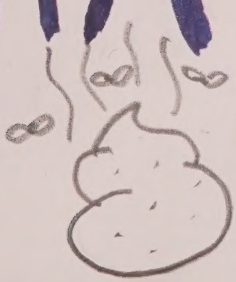
SWING WILDLY.

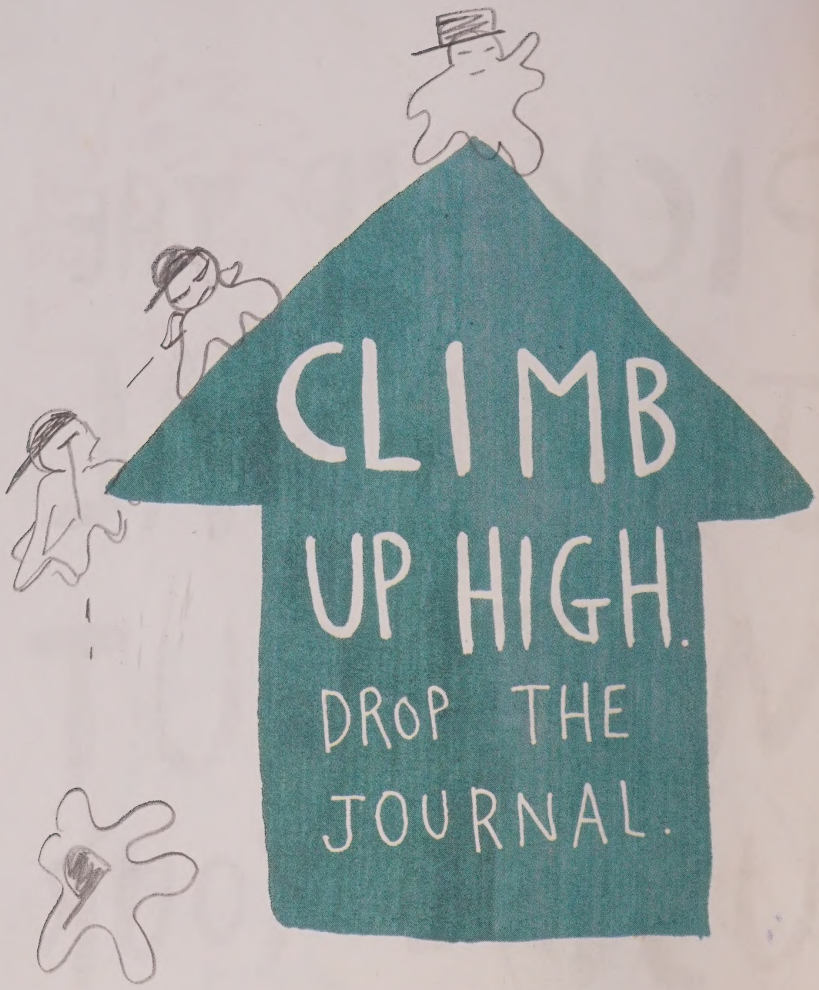
LET IT HIT THE WALLS.

NO

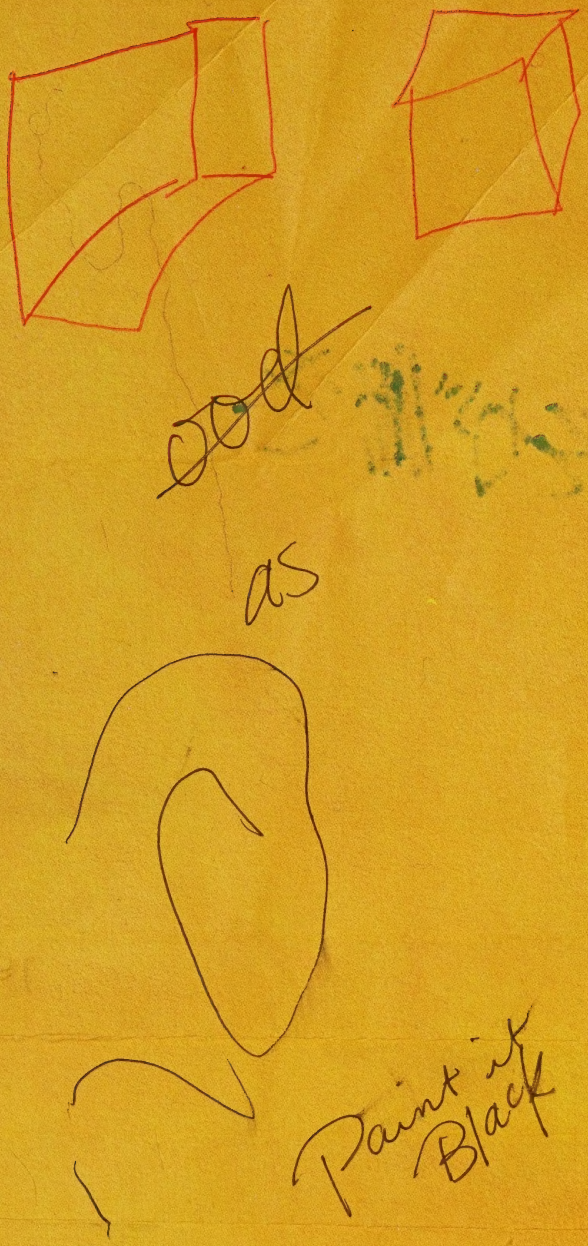

EATNAMES
NICKLAS
PAULHERR
So true

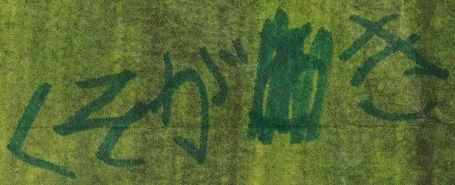
PICK UP THE JOURNAL WITHOUT USING YOUR HANDS.



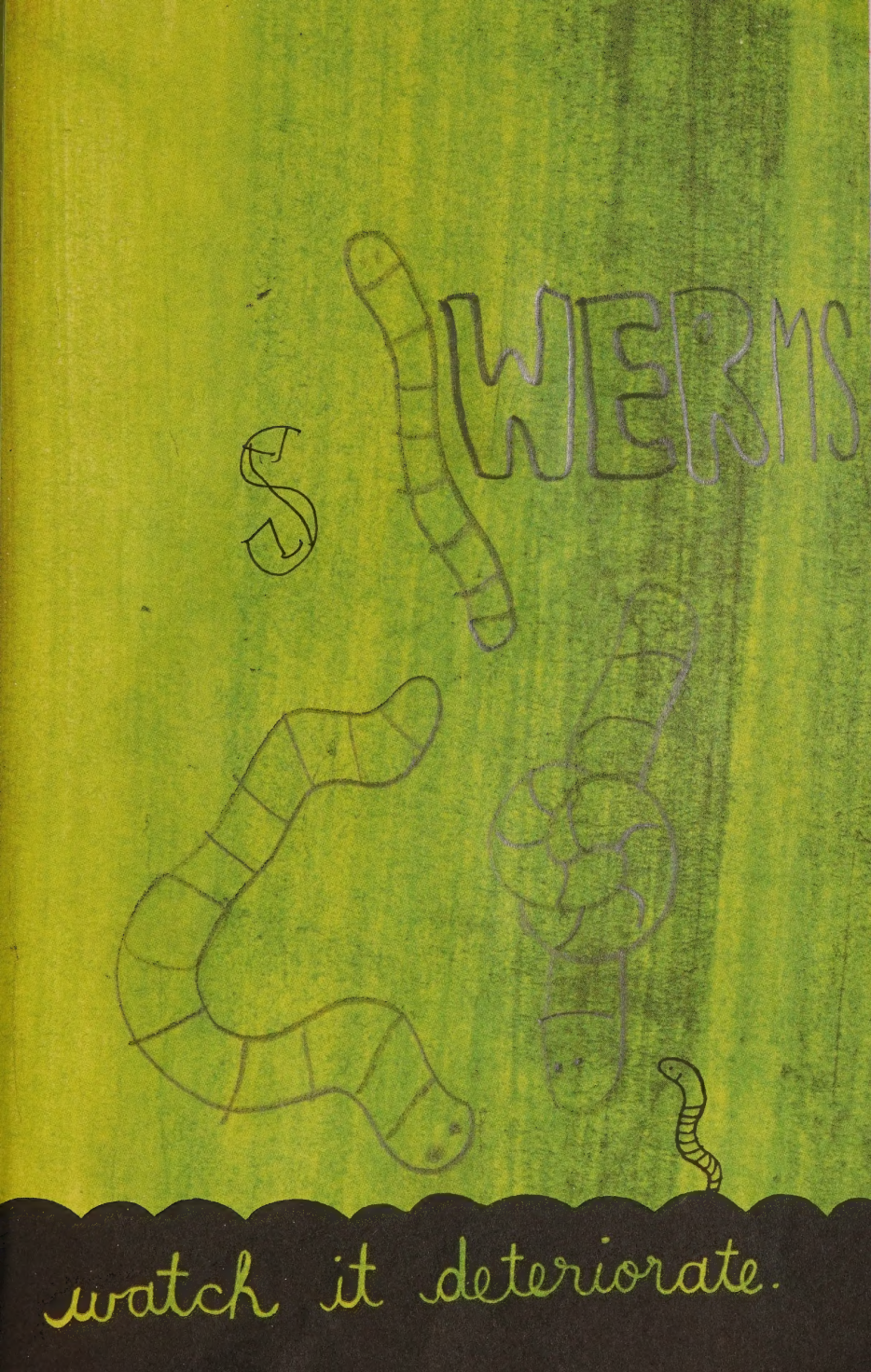


Big love
Big trust
-B


Odd
as
Paint it
Black



compost this page.


WERMS
watch it deteriorate.

DO A *really* UGLY
(USE UGLY SUBJECT MATTER:
A BADLY DRAWN BIRD,

DRAWING

(GUM, POO, DEAD THINGS, MOLD, BARF, CRUD.)

DJ Slay is my bae

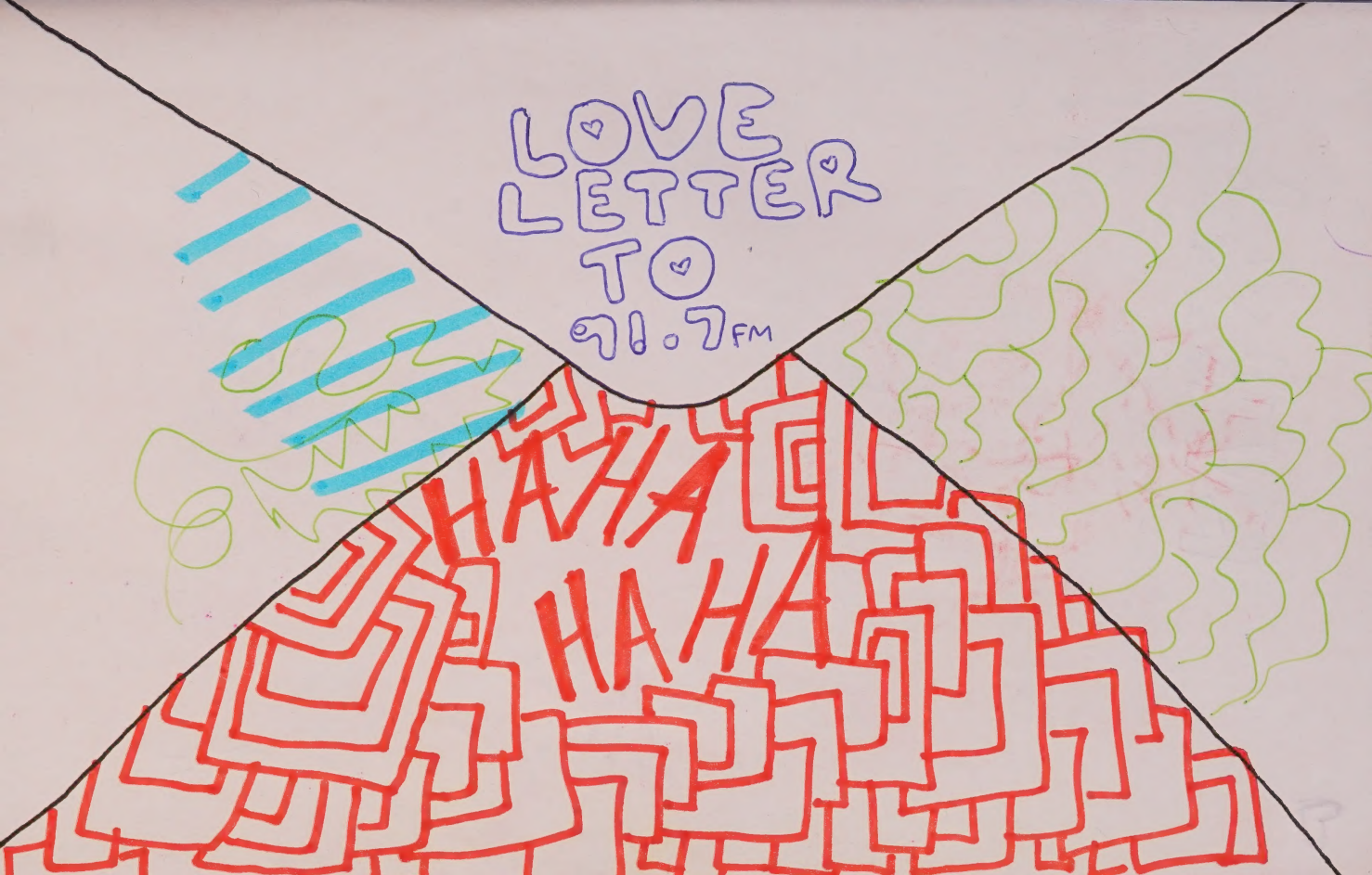
any DJ can hit me up @

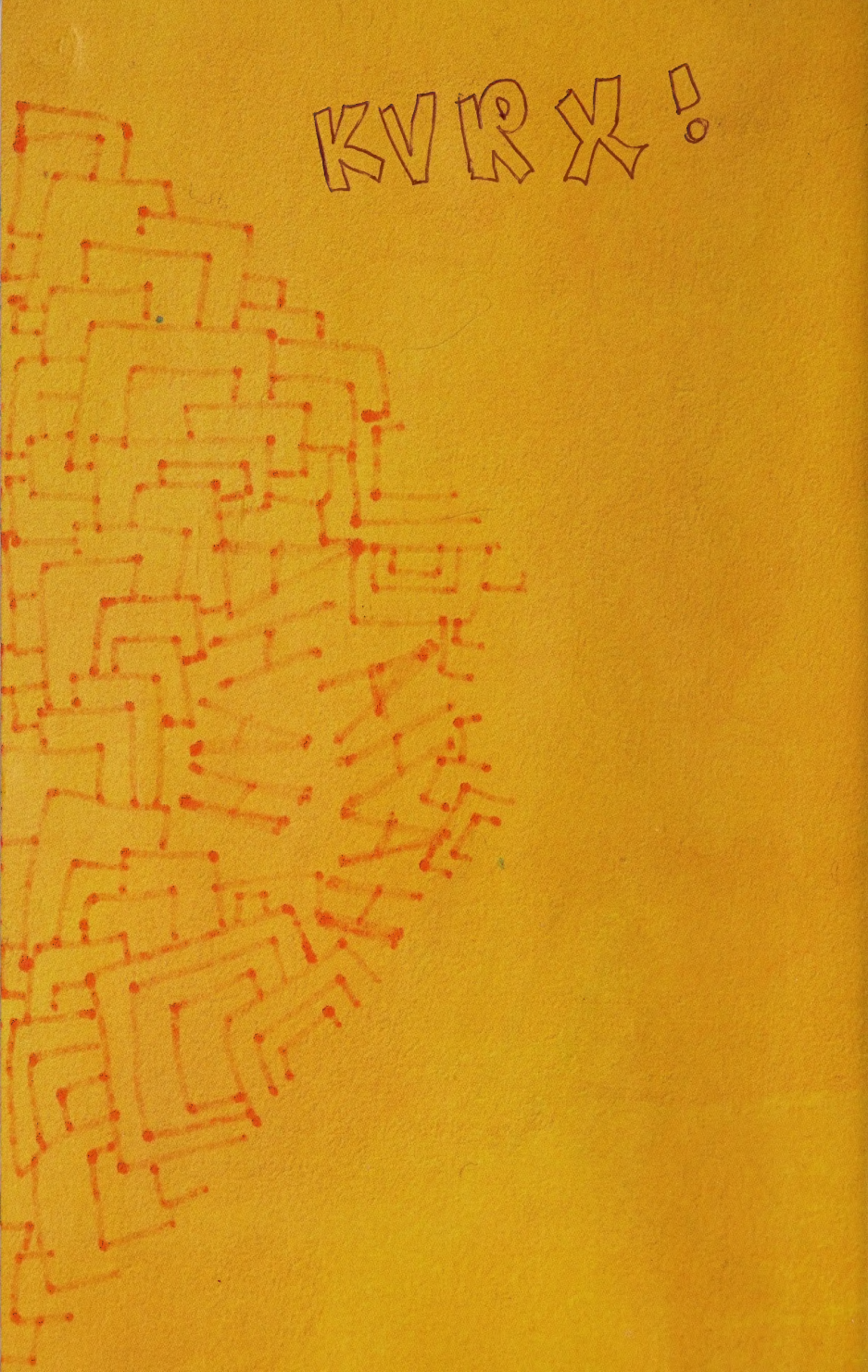
ΔΔΔΔΔΔΔ ΟΟΟΟΟΟΟ ΚΑΥΑΚΟ

Be Kind

PLACE STICKY THINGS HERE.
(honey, GUM, syrup, glue, sucker, marshmallow)
!! pls, dont

PRETEND YOU ARE DOODLING ON THE BACK OF AN ENVE-LOPE WHILE ON THE PHONE.

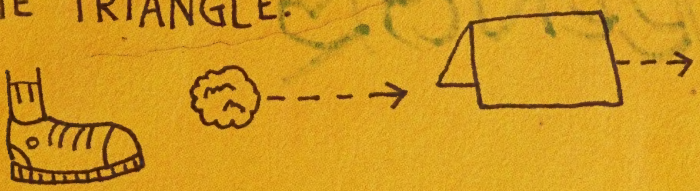

LOVE
LETTER
TO
91.7FM
HAHA
HAHA

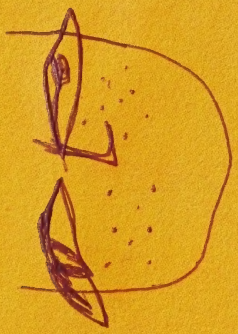

KVRX!

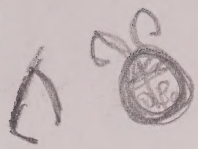
JOURNAL GOLF

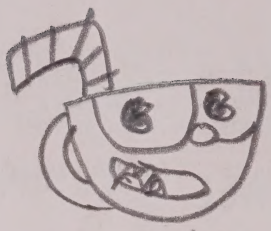
1. TEAR OUT PAGE. CRUMPLE INTO A BALL.
2. PLACE JOURNAL INTO A TRIANGLE SHAPE.

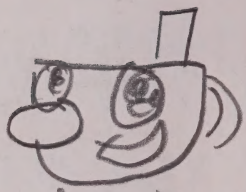
3. HIT/KICK THE BALL THROUGH THE TRIANGLE.





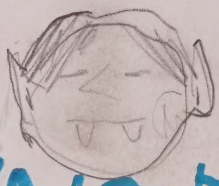




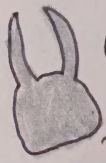


i don't deal with the devil!

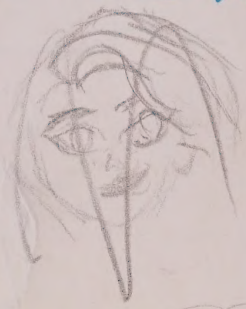
¡ quesadillas!

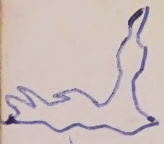


WEENOR



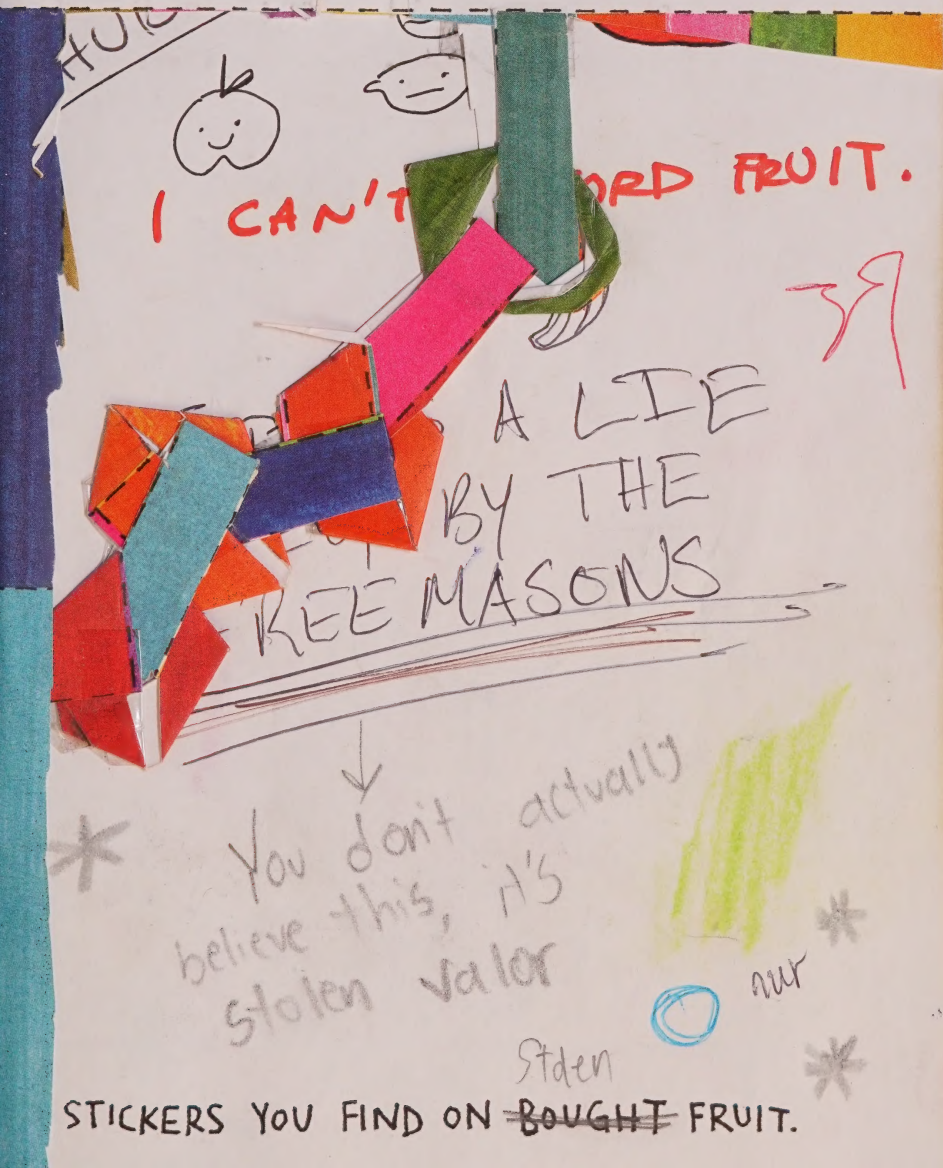
OI, ME TOOF FELL OUT!





#1 Rhizome
#1 Deleuse

make a paper chain.



STICKERS YOU FIND ON ~~BOUGHT~~ FRUIT.

MEOW

COVER THIS PAGE

just suck it demurely...

USING ONLY office SUPPLIES.

DAFUQ YUNG LEAN?

KVRX AUSTIN 91.7FM HD1 + HD2

So true!

DJ Shit, piss, fuck, cunt, motherfucker, cocksucker, titties

SO TRUE!

cunt

piss fuck's!

cunt

(say these on air ONCE AN HOUR)

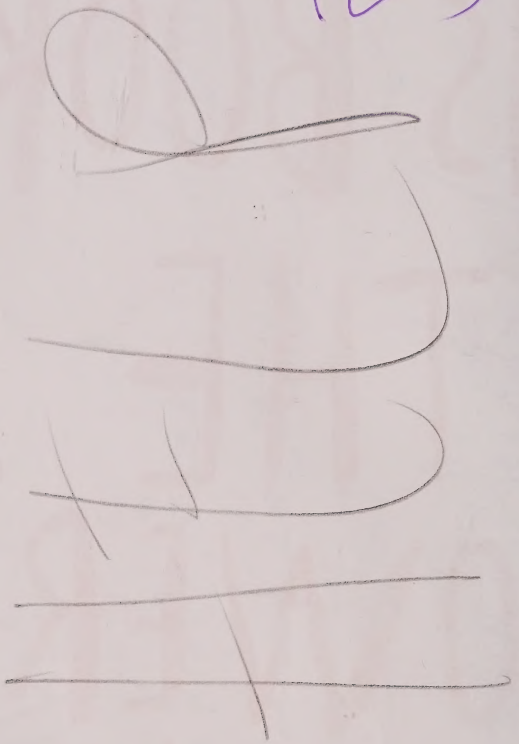
Motherfucker

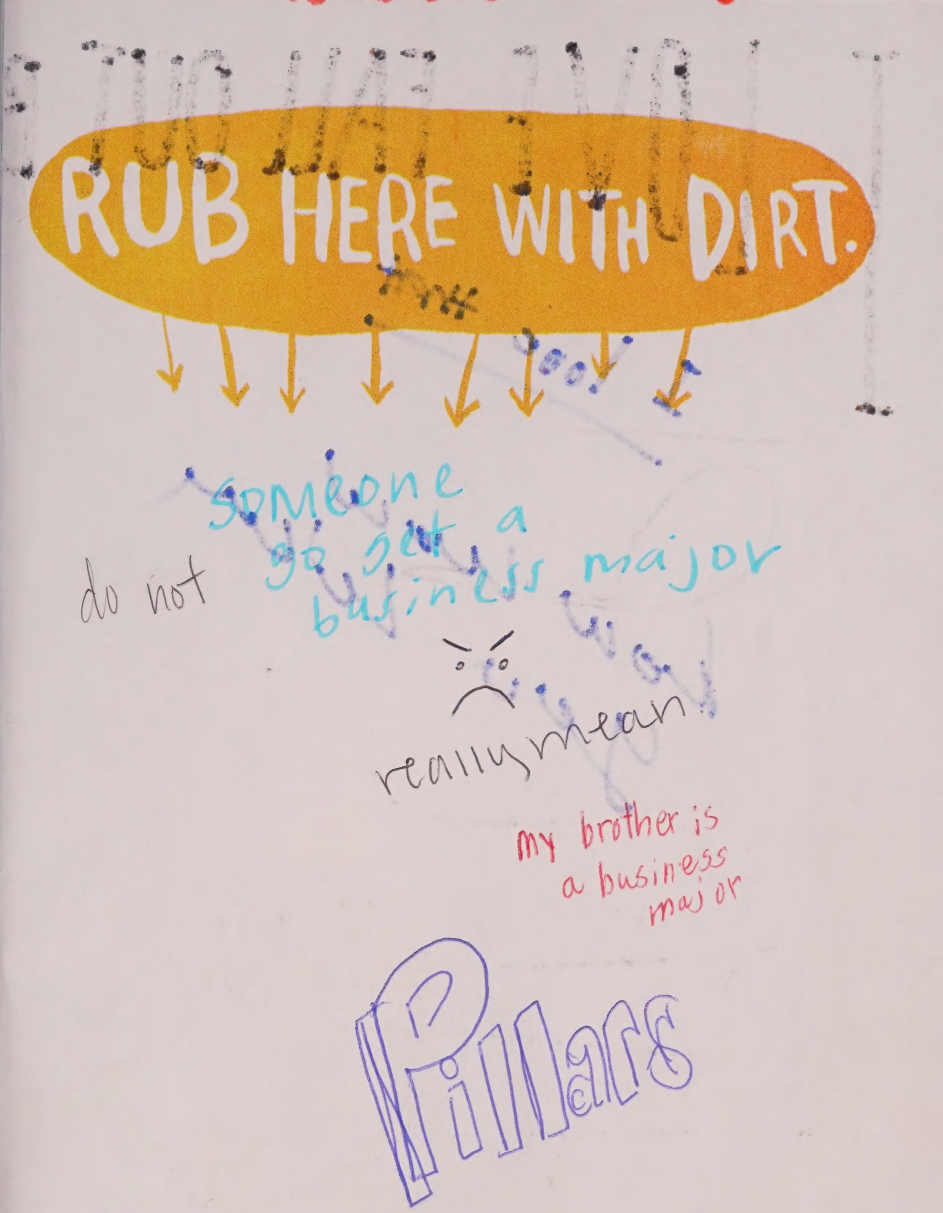
BRING THIS BOOK IN THE SHOWER WITH YOU.

No.

Shmorgusbord

YES




RUB HERE WITH DIRT.
someone go get a business major
do not
really mean
my brother is a business major
Pillars

I LOVE FALL OUT B

I love that

how wow
Yes Wow